

## ABSTRACT

[0057] A variable valve actuation system to actuate and control the seating velocity of an internal combustion engine valve is disclosed. The system comprises: a housing; a lost motion system disposed in the housing; a rocker arm having a first contact surface, a second contact surface, and a third contact surface, the first contact surface operatively contacting the engine valve, and the second contact surface operatively contacting the lost motion system; and a valve seating device disposed in the housing, operatively contacting the third contact surface.